

SAVANNAH'S HALLUCINATIONS IN-PAT- CONROY'S

by Martha Widyana

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SAVANNAH'S HALLUCINATIONS¹ IN PAT CONROY'S *THE PRINCE OF TIDES*

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ABSTRACT: This study entitled Savannah's Hallucinations¹ in Pat Conroy's *The Prince of Tides*. It is discusses hallucinations suffered by Savannah. The objective of this study is to find out about the types and causes of Savannah's hallucinations. Hallucination is a condition when a person sees, hears, feels, and smells something that do not real for normal people. Many factors lead to hallucinations such as Post-Traumatic Stress Disorder (PTSD) and psychosis. The method that used in writing this thesis is qualitative that the analysis is presented descriptively. In this study, the writer uses a psychological approach to analyze. The psychological approach is suitable for this study because the focus of this study is on the psychological condition of Savannah in the novel. The analysis shows that Savannah suffers from her hallucinations. The types of hallucinations she experiences are visual hallucinations, auditory hallucinations, and tactile hallucinations. Some causes make Savannah experience hallucinations such as mental disorders that supported with Post Traumatic Stress Disorder (PTSD) due to an incident in her childhood and psychosis.

Keywords: *personality, hallucinations, psychosis*

INTRODUCTION

Every human being must have a problem in life that sometimes makes them stress. Because of various life problems and also the past events that may be painful, which if not dealt with conditions like this can become a mental illness or mental disorders. Mental disorders is a syndrome that characterized by clinically significant disorders in the cognition, behavior of individual, emotional regulation that reflect dysfunctions in the biological, psychological, or developmental process.

One example of mental disorders is hallucinations.

Hallucinations are typical symptoms of psychosis and mental disorders such as schizophrenia but hallucinations were rare and may appear under specific situations (Langer et al., 2015). The brain can feel something like a sound, a voice, also a picture. However, there are no suitable sources in the outside world. Hallucinations become very real to those who experience them. In a study by health care organizations on 'Caring for a person experiencing

hallucinati¹²', about three out of a hundred people will experiencing psychosis which losing touch with the reality through hallucinations, delusions or- disorganized thoughts at some point in- their lives (Queensland & Government, 2013). Hallucinations that often occur with delusions during psychotic conditions can represent concrete symbolic expressions of the idea of delusions that look for other expression routes (Brambilla, 2009: 119).

The writer chose novel entitled *The Prince of Tides* by Donald Patrick Conroy or better known as Pat Conroy to be discussed in this study because the writer found an interesting point that is the hallucinations of Savannah. The writer is interested in analyze and want to learn more in order to have a better understanding of mental illness, especially hallucinations.

This study discusses about hallucinations as reflected by Savannah in the novel. Hallucination is one of the most relevant symptoms in psychiatry. The sensations of hallucination is created by one's mind without any real source. The things only exist in their minds that what they see, hears, feels, or smells are real perception so it is often cause problems in life. People with hallucinatory disorders should get treatment from psychiatrist as soon as possible in order to minimize the disorder that can develop into more severe.

Mental disorders are the main disturbances in the thoughts, behavior, and also feelings of individuals that reflect problems in mental function that

can cause difficulties or disabilities in social activities (Morchiladze et al., 2018). Studies of various mental disorders have shown that the longer the duration of untreated disease, the worse the treatment results (Jorm, 2012). This is a common and treatable health problem. That's why when someone is aware of their mental condition which is slightly disturbed, they must immediately consult with experts. Mental disorders are serious mental illnesses that result in serious functional disorders, which substantially disrupt or limit one or more major life activities and generally converge in an ide of moods and anxiety disorder (Forbes et al., 2019). One example of serious mental illness is schizophrenia. Schizophrenic people often have hallucinations, most commonly auditory hallucinations and visual hallucinations. Schizophrenic people perceive their hallucinations as real and different from the imagery of normal people.

Hallucinations are a fundamental symptom in psychiatry. Hallucinations can be a sign of mental illness, but that doesn't always mean someone is unwell. Hallucinations can be defined as a conscius sensory experience that occur without external stimulation (Tarigan, 2013). They can hear sounds or see visions that are not there for normal people, or experience unusual sensations in their bodies. Hallucinations can make a person feel nervous, panic, paranoid, and scared.

There are several types of hallucinations. The most common are audittory hallucinations, visuall

hallucinations and tactile hallucinations. Auditory hallucination is the common form. This involves hearing sounds or voice of someone that are considered to be around them. Sometimes the sound and the voice is soft, pleasant, sometimes they threaten, punish, frighten, and order individuals to do things that might be dangerous. According to the dictionary of hallucinations, Auditory hallucination also has other designations such as *Akoasm*. It can be divided into two types: elementary hallucinations are the perception of sounds such as hissing, whistling, and more. Then complex hallucinations, like hearing voices, music, or other sound may be familiar or completely unfamiliar.

Visual hallucinations emerge in a myriad of contexts and conditions, which can broadly be distinguished based on their degree of transience. visual hallucinations comprised of numerous shadowy, colorless, circular shapes rotating around the annular path and etc. (Rogers, 2019). Visual hallucination is when someone sees something that is not real, such as person or animal. This can be divided into two categories: simple visual hallucinations refers to light, color, shape, and indiscrete object. Then complex visual hallucinations, like image or scene such as people or human, animal, place and etc.

Tactile hallucinations occur when a person feels like something or someone touched them. One subtype of tactile hallucinations is formication, that's the sensations of insects crawling underneath the skin (Ali et al., 2011).

Mental health condition is the main factor that causes hallucinations. Schizophrenia is the most chronic mental disorder and is associated with brain structure and function abnormalities and behavior to experience hallucinations. Then mental disorder or mental illness is supported by several other factors that cause someone experience hallucinations. Such as Parkinson diseases, depressive disorder or bipolar disorder, schizoaffective disorder, Partial seizures and mood disorders (Ali et al., 2011), P T S D and Psychosis.

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P T S D or Post Traumatic Stress

Disorder is a disorder after experiencing a shocking, scary, or dangerous event, for example childhood trauma (sexual, physical, or emotional abuse, bullying or neglecting) and become develop.

The term "psychosis" was created by the Austrian psychiatrist Ernst von Feuchtersleben in 1845 to describe the psychological manifestations of mental illness, distinguishing them from the supposed alterations of the nervous system which caused them in some cases (and which were called "neuroses") (Garra  , 1989, p.186; 2004, p.28). It is a symptom of an illness. It is not an illness itself. It is the experience of loss contact with reality that is not part of the persons cultural or religious beliefs. Psychosis can involves hallucinates things that are not there (Ten  rio, 2014).

RESEARCH METHOD

This study applies qualitative research to observe and analysis of the

data of psychological approach that are show by the character Savannah which are mentioned in the novel *The Prince of Tides*. To analyze the data of this study the writer giving code in the novel that indicates the types and causes.

DISCUSSION

Savannah's Life

Savannah Constance Wingo was born on October 4, 1944, at ten in the evening in Colleton County, South Carolina. Savannah have a twin-brother who have name Thomas Catlett Wingo (Tom) and an older brother who have name Luke. Savannah's father named Henry Wingo, was a shrimper in Colleton County. Savannah's mother named Lila is from North Georgia Mountain and she is a housewife. Savannah and her twin brother, Tom, were born during the worst storm in almost 50 years and got a nickname the twins of Bathsheba.

"So my sisterr and I began our lives in Colleton as childrens of the storms, the twins of Bathsheba. We did not leave Colleton County for the first six-years of our lives; those years are un-recallable to me, lost in the coillings and over-lays of a memmory tight fistted with the limitlesly prodigal image of a Carolina sea island" (Conroy, 1986:114)

Bathsheba is the nickname from black people of the low country for the storm that happened at the birth of Savannah and Tom. But in the Bible Bathsheba is a woman who was

impregnated by David in an adulterous encounter. The pregnancy caused the death of her husband, Uriah, when David had him killed in battle and took Bathsheba as one of his wives (2 Sam. 11:27). It is important to know that the story of the birth of Wingo children is related to the story of the death of their father in battle in World War II.

Savannah grew up in a family with a cruel father and likes to beat his children. When savannah was six years old, Savannah and her brothers were invited by their father to picnic on the Stone Mountain before Henry goes to the War in Korea. There Henry beat his children and also his wife brutally.

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"...My father lunged and caught Luke's wrist and twisted-it until the knife fell on stone. Then, slowly, my father removed his-belt and began beating Luke's ass and legs with a flashing, brutal movement of his great red-haired arms. My mother, Savannah, and I all huddled together, crying, terrorized, and grieving..." (Conroy, 1986:122)

The quotation above shows that Savannah's father is cruel, Henry does not hesitate to show his brutality in front of his family. Henry's cruelty frightened his children, which made them wish that Henry would die in Korea and never return to Colleton, South Carolina.

When savannah was twelve years old her mother gave birth to a baby, the fourth baby who died like the previous three babies. The fourth baby named

Rose Aster and was baptized and put in a plastic bag and then frozen together with pounds of shrimp by his father before being buried and while waiting for Lila to return from the hospital. In the morning Tom found Savannah in his room taking Rose Aster from the freezer and no one in the house knew, Tom then returned Rose Aster's body to the freezer. When burying Rose Aster, Tom offends Savannah for her actions taking Rose aster's body but Savannah feels she never did that.

Savannah also forgot that she hit Tom when on a picnic at Stone Mountain, Atlanta. Savannah also forgot when Callanwolde once tried to enter their room but Luke and Savannah threw all the jars filled with spiders. Many things that Savannah doesn't remember from a single thing happened. Savannah only knew it happened when she heard someone say it happened. She loses her part of memories and cannot remember an event or accident she had experienced.

A few years later when Savannah was eighteen years old and the Wingo children graduated from Colleton High School. Savannah decided to go and live in New York. Her mother gave her gift a gold-plated fountain pen to be used to write savannah's first book in New York. Before leaving South Carolina and going to New York. Callanwolde escaped from a prison together with his friends came to the Wingo family home and raped Lila, Savannah, and Tom when Henry and Luke were away. Savannah forced by the fat man to the room.

“The fat-man had Savannah by the throat and was force her toward-

her bedoom door. Savannah was fightinghim and screaming, but he-grabbed her roughly by her hair and force her through the door. It is about time we enjoy ourselves. He said winking to the others as he - slammed the door shut.”(Conroy, 1986:468)

Shortly after Luke returned home, he saw silently that his family was in trouble, and were raped by three men. Instantly Luke ran to Caesar's cage, took it and put it in front of the door and opened Caesar's cage, and knocked on the door of the house.

The atmosphere at the Wingo family home that time became very chaotic, they were raped, Caesar was injured and dying of his injuries, the three rapists also death. Luke suggests reporting the incident to the Sheriff. However, Lila forbade Luke to report the incident to the Sheriff and told them to forget the incident and act like it never happened that made Savannah attempt suicide for the first time.

Types of Savannah's Hallucinations

Savannah experiences complex visual hallucinations. She is difficult to distinguish what is real and not because her visions look clear and real. Savannah tells her first experiences of visual hallucinations when Savannah is sitting together with Tom and Luke on a wooden bridge over the river at night after they graduated from Colleton High School.

Hallucinations are defined as experiences and sensations that cannot be understood by others. However, for those who experience it, they may seem real, urgent, and clear. In this visual hallucinations, Savannah told Tom and Luke for the first time, that Savannah had often seen something and heard something since she was a child and told them what she had seen in the water below them at that time. Not only the figure of hundreds of dogs that Savannah had seen, but the figure of the Infant of Prague statue and her parents also appeared in her visual hallucinations.

“Sometimes Tom. I saw ¹ the Infant of -Prague. You know, the statue Dad brought from German. The infant have pus flowing from his -eyeballs and he gestures for me to follow him. Sometimes our Mom and Dad are hanging and naked from meat- hooks, snarling at each other, snapping at each other with fangs and barking llike dogs.” (Conroy, 1986:461)

The quotation above shows that Savannah is always seeing things with horrible shapes in her visual hallucinations. Hallucinations can make a person feel nervous, panic, paranoid, and scared. Visual hallucinations of Savannah became increasingly out of control when she decided to leave South Carolina after her graduation day and live in New York. She became more and more hallucinated every time and even made Savannah unable to stand and see several psychiatrists. It is not only the figures of hundreds of dogs, statues, and her parents

that often appear in the visual hallucinations. However, other characters or figures slowly appear in her visual hallucinations.

In her visual hallucinations, Savannah sees various figures or characters that come to hurt her. It is a visual hallucination which is followed by auditory hallucinations that occur simultaneously because Savannah sees angels hanging, sees dogs and tigers screaming at her which then shouts indistinctly from all the demonic figures in her visual hallucinations silence when a black Doberman comes. Hallucinations are our subconscious thoughts that are unintentional and uncontrolled, it cannot control when hallucinations come. Hallucinations can be neutral, can be fun and entertaining, but they can also be threatening and frightening which can make the sufferer panic and worry.

Savannah does not only experience visual hallucinations, but also auditory hallucinations. An auditory hallucination is also the most common form of hallucination and always coexists with visual hallucinations. Auditory hallucinations involve hearing voices or sounds that are thought to be inside or outside in the person's mind or body. Savannah's auditory hallucination is real since they happen repeatedly. She repeatedly heard more clearly and the screams and howls of the demons in her hallucinations when she lived in New York.

“They are here, by the door. They are unloosening their belt and screams. Their faces are skull.

Scream & the tiger are screaming too. I cannot take the screaming. Tell that I am seeing things again Tom. I need to hear your voice again. They are shiting and moanning and screaming.” (Conroy, 1986:52)

The quotation above shows that Savannah not only hears screams, but Savannah can also hear every detail of the hallucinatory character's movements. Like the sound of a belt released by 'their'. Hallucinations also represent what experienced by sufferers such as pain, disappointment, or fear that is too excessive that makes the sufferer as if seeing and hearing something. The 'their' character with a skull face in the hallucinations of Savannah were three men who raped Savannah, her mother, and Tom when Savannah and Tom were eighteen years old after their graduation. Auditory hallucinations experienced by Savannah always go hand in hand with visual hallucinations.

The voices or sounds in auditory hallucinations sometimes are complimentary, reassuring, or convincing. But sometimes they are frightening, threatening, punitive, and can command the individual to do dangerous things. It can be seen in the quotation below that one of all the characters in her hallucinations persuade Savannah to hurt herself by using a soft voice while the other uses a scary voice and scream.

“They use the voice at that time. The black dog came. The black dogs filed the room, glowing in the

dark, they snaped at my face with their horrible teeth, all but one. The kind - face dog. The good - dog. He speak to me but not in his voice. I liike his voices but I did not that time.” (Conroy, 1986:54)

The last type or form of hallucinations experienced by Savannah is tactile hallucinations. Tactile hallucinations occur when someone feels like something or someone touched them even though it does not exist. Savannah's tactile hallucinations happen at the same time with visual and auditory hallucinations when the dog in her hallucinations persuades her to kill herself by using the sounds that she likes and she recognizes or familiar with the voice of her father or family.

Savannah experienced tactile hallucinations when she could feel the touch of a dog leaning near her ear that told her to kill herself. Savannah also often feels angels with deformed faces and blood like menstruation who raise their hands toward her with an attitude of solidarity and possessiveness. The touch of the hand led her to take a razor to hurt herself.

”...They lifted their arms toward her in a gesture of solidarity and possessiveness. Their eye sockets were black holes flowing with pus. Above them, she saw the small-feet of the Infant - Prague, lynched from the ceiling, his face disfigured and bruised, speaking to her in her-mother's voice, demanding that she maintain her silence. Whenever she took out her razor blades and

began to count them, she ⁹ could-
hear the pleasure of the dogs
twisting on the hooks, the ecstasy
of those disfigured angels with their
fluted, encircling voices. Each
night, she counted razor blades and
listened to that sullied nation
clamoring out the laws of storm,
murmuring a compline of
suicide..." (Conroy, 1986:442)

The quotation above is what Savannah told Dr. Lowenstein her psychiatrist, who was undergoing counseling to cure her hallucinations. Dr. Lowenstein told Tom that while in New York the hallucinations of Savannah were increasingly difficult to control, Savannah was also slowly unable to resist the hallucinations. Almost every time the hallucinations always appear in her eyesight and hearing and always hurt and lead her to kill herself with slit her wrist using a razor. Tactile hallucinations that occur to Savannah always occur side by side with her visual and auditory hallucinations.

Cause of Savannah's Hallucinations

Mental disorder is one of the factors that cause Savannah's hallucinations. But the mental disorder is supported by several other factors that cause Savannah ¹⁷ to experience hallucinations, such as P T S D and psychosis.

Mental Disorder or Mental Illness

According to the American Psychiatrist Mental disorders cause

disability in the family, work, or social activities. (Dsm-, 2015) Mental disorders often occur due to excessive anxiety, and can also occur due to fear and guilt that can cause hallucinations. Mental disorder Savannah experienced first because of excessive anxiety. As explained by Dr. Lowenstein who told Tom when visiting Savannah who was in a coma at the hospital.

"They've been adjusting her medication lately," she said. "I think the hallucinations are under control, but her anxiety level has increased recently. Why don't you wait a while to visit her, Tom," she said. "I'll talk it over with her team." (Conroy, 1986:148)

Hallucinations may be accompanied by varying degrees of anxiety and distress. The quotation above shows that Dr. Lowenstein explained to Tom that Savannah's anxiety level was recently increased and that it often hallucinated even though her hallucinations were still under control. The lower level of panic and anxiety level of the hallucinatory behavior exhibited by the person can still be controlled and capable of managing their emotions and thoughts and vice versa.

Savannah also often feels that she is different from the people around her and she tells this to Dr. Lowenstein. She always feels that wherever she is, she is never safe and always feels alone because of feels different, and sometimes she loses memory about events that she went through. People who are having hallucinations of his / her mental disorder

sometimes they feel alone or lonely and worry that they can't get better. They may be do not want anyone know what they are experiencing.

"She told me it had always been a problem with her when she was growing up, but an unmentionable one, her terrible secret. She said she had always feel different, unsafe, and alone because of it. She became a prisoner of lost-time, unremembered-days. Lately, she was disturbed because her poetry was suffering. She felt that her madness was overtaking her, coming at her in overwhelming forces. The thing she feared most is that she would enter one of these periods in which there was no-memory and never- return to herself." (Conroy, 1986:441)

Feeling unsafe and lonely is also a factor that causes a person to experience a mental disorder. When someone feels that she is not safe she will always feel anxious wherever and whatever she is doing. Not only in New York Savannah feels different. Before living in New York, Savannah also told her brothers that she was different and that if she stayed in South Carolina she would go crazy.

Not only feel different, lonely, unsafe, and excessive anxiety, Savannah also has disturbances in her memory. Savannah always loses parts of the events she has experience, she does not ⁴member what she did. "I do not remember anything about it. The whole day is blank to me like it never happened.

and the giant, when he came- into our room and Luke and I threw- all those jars of spiders . . ." (Conroy, 1986:183)

Basically, a mental disorder is a reason someone can experience hallucinations. However, there are other risk factors that support Savannah experience hallucinations such as PTSD and Psychosis.

Post - Traumatic Stress Disorder (PTSD)

Post - Traumatic Stress Disorder (PTSD) is a mental illness that is triggered after experiencing a traumatic events. Experience that can cause PTSD can be called extreme event such as war, disaster, violence to physical or verbal abuse. There are several factors that lead to Savannah's PTSD. First is Savannah has always seen problems and violence happening in her family since she was a child. Her father always beat his children brutally. Henry's cruelty to his family does not once or twice but often. First when beating Tom when Tom kills the last eagle in Colleton, beating his children during a picnic at Stone Mountain, even at home Henry also often beat his children and wife and frightened them.

"My father lurched toward us across the grass, losing blood with every step he took, but coming with malevolent stubbornness as my mother fumbled with a set of keys. "He's almost here, Mama," Savannah screamed as the engine turned over and coughed, then

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exploded into life as we shot-out of
the yard and away from that
staggering- bleeding - man".
(Conroy, 1986:562)

The quotation above shows when Wingo children and their mother tried to run away from Henry. The incident occurred during Savannah and Tom's tenth birthday. Henry beats Lila for asking Henry to sing a happy birthday song and turn off the TV that he is watching. Wingo children become very frightened by their father. Another traumatic of Savannah was after Savannah and her brothers graduated from Colleton High School when Callanwolde escaped from prison and came to the Wingo family home and raped Savannah, her mother, and Tom. Sexual harassment makes people very trauma and scared and makes them always remember what happened.

"What happen that dayat the house Tom??"

"Do not think 'bout that, Savannah. Nothing happen. It's your- imagination again." (Conroy, 1986:52)

But unlike Savannah, her excessive trauma made her lose her memory of the incident but she always had nightmares about the incident. Her trauma made Savannah always think of the incident that made her try to kill herself, because thinking about the incident continuously made Savannah lose her memory and the memory turned into a nightmare that Savannah was constantly dreaming of.

Savannah's nightmare shows that her trauma goes to the subconscious as well. The other factor is that when Savannah witnessed a horrific event in the circus when Caesar, Bengal tiger brutally raged and tore Sambone until his intestines came out and ate seals. Childhood trauma or Post-Traumatic Stress Disorder as experienced by Savannah is the cause of Savannah's hallucinations.

Psychosis

Psychosis is a part of schizophrenia and it can be part of other disorders too. But, schizophrenia became the only condition that is currently recognized as psychotic. Psychosis is a serious mental health problem in perceiving reality that makes sufferers interpret their surroundings differently from others. A person who is psychotic is usually caused by a traumatic or stressful event. Someone who has psychosis can experience delusions or hallucinations. Savannah cannot distinguish between what is real and what is not when hallucinations are happening, even the real ones don't seem real to her, while the unreal ones seem very real to her.

"...By the walls and here, by the windows. I saw them so clear, Tom. You do not seem reall to me. But they seem so real. Can you hearr them?? Can you hear them screamiing at me?? It is going to be- bad again, Tom. It is going to be so bad..." (Conroy, 1986:52)

The quotation above shows that Savannah's hallucinations caused by her psychosis are mostly visual and auditory hallucinations. She can see and hear what is said by the figure in her hallucinations. Another symptom of psychosis is withdrawal from family or friends and the environment. Savannah is told in this novel also withdrew from her family by leaving South Carolina who also left her family and lives in New York alone. Dr. Lowenstein explained to Tom about the episode of psychosis that Savannah was experiencing before her hallucinations became out of control which made her commit suicide a second time.

Renata does not allow Savannah to go to a psychiatrist when Savannah has a mental problem, psychosis. As a result of not being properly handled by an expert, Savannah's psychosis is getting worse. People who suffer from psychosis have a higher risk of committing suicide. That is why during the two years that Savannah's psychosis was handled by Renata it would only make the condition of Savannah's psychosis worse which made her more often hallucinating and out of control.

CONCLUSION

After analyzing the data, it can be concluded in *The Prince of Tides* by Pat Conroy's that Savannah suffers from hallucination. Hallucinations experienced by Savannah in this novel are Visual hallucinations, auditory hallucinations and tactile hallucinations. Savannah is a thirty eight year old woman who suffers from her hallucinations since childhood.

Visual hallucination she experienced it happens when she was a child. She saw the figure of her parents hanging on the meat hook and then more develop after the rape incident. Then it is followed by auditory hallucinations. She saw and hears many things, especially three men who raped the Wingo family in her hallucinations, she also hears to the figure in her hallucinations screaming, chanting death and talking to her to kill herself. Savannah also experienced tactile hallucinations, where she felt the touch of a figure in her hallucinations to make her slit her wrist use a razor.

There are several causes of Savannah's hallucination. The factor causing her to experience hallucinations is mental disorder that is supported by other factors such as PTSD and psychosis. PTSD occurs because of her childhood trauma. Also because of the psychosis episode she experienced, who did not get treatment earlier because she was treated by her friend, Renata who forbade her to go to mental health or psychiatrist and make Savannah's hallucinations worse.

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